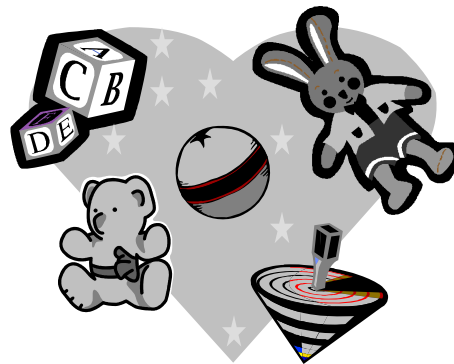


But Grandma wants to use formula!

Grandmas like to show their love by showering gifts on their little bundles of joy. Grandmas want to help and stay involved with the baby. But....



What if Grandma doesn't know much about nursing?

Remind her that doctors in her generation recommended formula because they thought it was about the same. But today, medical knowledge has increased and doctors now recommend mom's milk because of the many health benefits. She can help her grandchild get off to the best start by supporting mom's decision to nurse even if she was not a nursing mom herself.

Benefits of nursing that Grandmothers need to know:

- Stimulates brain growth. Mom's milk helps the baby's IQ reach full potential.
- Fewer doctor visits. Mom's milk lowers risk of allergies, asthma and infections.
- Saves money. Mom's milk is free!
- Helps mom stay calm and bond with the baby. The hormones produced while nursing help mom relax.
- Helps mom lose the extra inches around the waist.
- Protects mom against excessive bleeding after delivery and reduces the risk of cancer.

Grandma can help by:

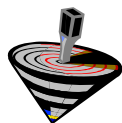
- Burping the baby during feedings.
- Holding, cuddling and bathing the baby.
- Taking the baby for a walk.
- Changing diapers.
- Telling mom she can make enough milk and that she is doing a good job.
- Letting mom know she is proud of her for doing what is best for her grandchild.
- Helping with cooking, cleaning, caring for the other children, etc.

What if Grandma wants to feed the baby?

Mom can use a breast pump to express milk and Grandma can give it in a cup or bottle. Some babies take bottles better when mom is not around.

How can Grandma be sure the baby is getting enough and that the milk is good?

- Remind Grandma that newborns are getting enough to eat if they are gaining weight and have at least 2-4 dirty diapers a day. Mom can make plenty of milk by nursing as often as the baby wants to.
- Mom's milk is good no matter what she eats. Mom's milk will look thin but that is normal. It is made to be gentle on the baby's tummy.



Mom's Milk: A gift of love



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